## **Poulton Adult Fitness Classes** Poulton Ymca Swimming & Fitness Centre

## Accurate as of 03/05/2024

Times for Saturday 11 July			
Time	Session	Facility	Instructor
09:00 - 09:45	Spinning	Fitness Class Studio	Alison
10:00 - 10:45	Kettlebells	Fitness Class Studio	Alison